Run Routes, March - April 2024

We are running **Winter Routes** (Details here) throughout March. We start Summer Routes in April (Details here)

Date	Distance/Group	Route	Direction
05/03/2024	loops	See Tony Baker	
	4 mile	Winter 4	Forward
	6 mile	Industrial 6	Reverse
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	
12/03/2024	loops	See Tony Baker	
	4 mile	Industrial 4	Forward
	6 mile	Shire Oak 6	Reverse
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	
19/03/2024	loops	See Tony Baker	
	4 mile	Laburnum Rd	Forward
	6 mile	Chester Rd 6	Reverse
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	
26/03/2024	loops	See Tony Baker	
	4 mile	Greenwood	Forward
	6 mile	Mellish 6.5	Reverse
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	
02/04/2024	loops	See Tony Baker	
	4 mile	Canal 4	Forward
	6 mile	Forge Lane	Forward
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	
9/04/2024	loops	See Tony Baker	
	4 mile	Mill Lane	Forward
	6 mile	Canal 6	Forward
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	
16/04/2024	Ron Reynolds Run 1 – no other official runs		
23/04/2024	loops	See Tony Baker	
	5 mile	Daw End 5	Forward
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	
27/02/2024	loops	See Tony Baker	
	4 mile	Greenwood Road	Forward
	6 mile	Chester Road 6	Forward
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	